

A Guide to Health.

GELATINE AND ITS USES

USEFUL RECIPES

∴ for every Home ∴



With the Compliments of
GEO. NELSON, DALE & Co., Ltd.,
WARWICK, ENGLAND.

Presented free to all purchasers of 6d. packet of
NELSON'S "ALL BRITISH" WAFERLEAF GELATINE
and/or
NELSON'S "ALL BRITISH" SPEEDWAY POWDER GELATINE.

Compiled by GEO. NELSON, DALE & Co., Ltd., Gelatine Manufacturers,
Warwick, England.

Estd. 1837.

TO OUR CUSTOMERS

We are pleased to give our customers this useful book containing a variety of interesting and valuable suggestions for the use of Gelatine.

Modern Medical Science has discovered Gelatine to be one of the greatest known digestive agents. Dishes prepared from the following recipes, therefore, are not only delightfully novel and appetising, but a real aid to good health.

Nelson's Gelatine is stocked together with the widest possible selection of—

FRUITS—BOTTLED AND TINNED.

MEATS—GLASS AND TINNED.

FISH—GLASS AND TINNED.

CUSTARD AND BLANC-MANGE POWDERS.

Etc., etc., etc.

which are required for the recipes described.

WITH COMPLIMENTS FROM

GEO. NELSON, DALE & Co., Ltd.



22501894144

WELLCOME
LIBRARY

1930

QT 235

1930

G 349

PREFACE.

Since George Nelson, in 1837, invented the process by which Culinary and edible Gelatine is produced, many valuable discoveries have been made in relation to the dietetic value of this wonderful product.

Modern research has also provided a considerable fund of knowledge which should prove of inestimable benefit to present and future generations.

An eminent American dietetic expert says: "Gelatine has not yet found its place as a food. A better knowledge of it will greatly increase the use of it. It is not difficult to digest, and does not throw the nutritional balance out of order."

It has long been the custom to feed Gelatine to sick persons, and the sick persons would be better off still if they "had twice as much Gelatine as they get."

"Gelatine is probably the greatest assimilative agent known, being able to save from destruction about half its weight of protein."

"It is easily digested in the stomach and is instrumental in assisting to eliminate excess stomach acids."

"Gelatine is a great aid in the digestion and absorption of other foods, especially in the case of Milk and Foods containing a high degree of fat or starch."

The great importance of Gelatine in modern dietics is now being appreciated by the British Medical Profession.

There are many reasons why this protein should be added to foodstuffs.

Probably the most important is that when used in the form of jellies, or when applied to hot or cold soups, sweet confections, etc., it raises these preparations from the dessert to the nutritious food class.

Gelatine has the property of improving the digestibility of difficult foods, and this is one of the reasons why it is added to **Ice Cream, Invalid and Baby Milk preparations.**

When milk enters the stomach it frequently happens that gastric juices cause thick curds to separate. The fats of the milk are also carried down with the curds and make them tough and insoluble.

These heavy curds are extremely difficult to digest, and in many cases they pass unchanged into the intestines.

The addition of Gelatine to the food or milk will prevent this curdling, or at least will control it to such an extent that the curds are light and easy to assimilate.

Doctors nowadays advocate the addition of a trace of pure Gelatine to **Infants' Milk.**

When a small portion of Gelatine is added to the **Infants' Milk**, it has been discovered as a result of careful tests that **fully 20 per cent. more of the milk is digested by the baby than in cases where no gelatine is used.**

Foods of the future will all contain Gelatine, as modern conditions of life demand a diet which is easy to digest and gives the highest results with a minimum waste.

BROTHS AND SOUPS.

General Hints.

To remove fat from the surface of cold stock, soups or gravies use an ordinary slicer.

As regards hot soup, etc., fat may be removed by dipping a clean cloth in cold water and then straining the hot liquid through. On coming into contact with the cold wet cloth, the hot fat solidifies and cannot pass through; consequently stock passes into the receptacle where it is collected free from fat.

To remove fat from soup during cooking, float a few pieces of porous paper on the surface, then take same out when they are saturated with grease.

When setting aside in the larder always leave soup exposed as if same is left in a covered receptacle the contents very quickly become sour and mouldy.

For thickening hot soups add two to four leaves of Nelson's Waferleaf Gelatine or $\frac{1}{8}$ oz. Nelson's "Speedway" Powder Gelatine to each pint according to thickness desired.

For jellying soup to serve cold add five leaves of Nelson's Waferleaf Gelatine or $\frac{1}{8}$ oz. Nelson's "Speedway" Powder Gelatine to each $1\frac{1}{2}$ pints of hot soup, stir thoroughly until dissolved and leave in cold atmosphere or place in refrigerator to set. A cold soup jelly should be broken up and served in a cup. It should be noted that any of the well known prepared soups obtainable at small cost can be jellied and served cold as above.

Jellied soups form a most delightful change during the summer as they are nourishment in a most attractive form and are easy to digest. They are strongly recommended as refreshing dishes for athletes, tennis players, cricketers, swimmers, hikers, etc., etc., who desire stimulating refreshment after their exertions.

1. BARLEY BROTH.

1 teacupful barley.
1 quart white stock.
1 gall. milk.
A little parsley.
1 onion.

1 carrot.
1 turnip.
8 leaves Nelson's Waferleaf Gelatine.
or $\frac{1}{8}$ oz. Nelson's "Speedway" Powder Gelatine.

Simmer the barley after adding onion, carrot and turnip to the stock for two hours, afterwards removing carrot and turnip and boiling the remainder for half an hour longer. Rub through a sieve and re-boil, stirring during this process. Add hot milk in which gelatine has been dissolved and a little parsley. Serve hot or cold.

2. CHICKEN BROTH.

Chicken.
2 quarts cold water.
Seasoning.
Chopped parsley.
1 Onion.

Blade mace.
1 tablespoonful rice.
 $\frac{1}{2}$ teaspoonful salt.
20 leaves Nelson's Waferleaf Gelatine,
or $1\frac{1}{2}$ oz. Nelson's "Speedway" Powder Gelatine.

Cut the chicken into small pieces, wash and clean liver and bones, also scald and skin gizzard and feet. Place in large pot and stew in two quarts of cold water seasoning with $\frac{1}{2}$ teaspoonful of salt or to taste. Skin, boil and mince onion; add with blade mace and other seasoning. Cook gently for three hours, then strain, boil up, sprinkle with rice and allow the whole to simmer for 20 minutes, when one teaspoonful chopped parsley together with gelatine dissolved in a small quantity of hot (not boiling) water should be added. This dish can be served hot or cold.

3. MILK BROTH.

1 oz. butter.
3 quarts milk.
 $\frac{1}{4}$ lb. washed barley.

A little sugar (to taste).
10 leaves Nelson's Waferleaf Gelatine,
or $\frac{3}{4}$ oz. Nelson's "Speedway" Powder Gelatine.

Melt butter in a saucepan so that it covers the bottom of the pan, add hot milk in which gelatine has been dissolved and barley. Cook in low heat so that it boils slowly for 3 hours; stir occasionally. Add sugar to taste and serve either hot or cold.

4. SCOTCH BROTH.

- | | |
|---------------------------|---|
| 1½ lbs. beef or mutton. | 1 teacupful turnip. |
| 1 teacupful pearl barley. | 4 small onions. |
| 1 teacupful green peas. | 10 leaves Nelson's Waferleaf Gelatine, |
| 1 teacupful carrot. | or ¾ oz. Nelson's "Speedway" Powder Gelatine. |

Put meat into three quarts of boiling water with the vegetables and barley. Boil for not less than 3 hours, stirring occasionally and keeping the lid on the pot during the period of boiling. When off the boil add the gelatine dissolved in 1 quart of hot water (not boiling) to the broth; season to taste. This dish can be served hot or cold.

5. BARLEY AND TOMATO SOUP.

- | | |
|----------------------------------|---|
| 1 carrot. | Herbs. |
| 1 lb. tomatoes. | 1½ pints water. |
| 2 tablespoonsful crushed barley. | 6 leaves Nelson's Waferleaf Gelatine, |
| 1 onion. | or ½ oz. Nelson's "Speedway" Powder Gelatine. |
| Salt and pepper. | |

After cutting up the onion, tomatoes and carrot, mix together and cook until tender; mash well and pass through an ordinary cooking sieve; add the barley with a sprinkling of herbs to suit taste. Boil in a saucepan for not less than two hours, using the water previously used for cooking the vegetables. Dissolve the gelatine in ¼ pint hot (not boiling) water and add when off the boil. This dish can be served hot or cold.

6. BEEF CUP.

- | | |
|---------------------------|---|
| The remains of a joint of | 2 quarts of water. |
| beef or 1½ lbs. shin of | 1 carrot. |
| beef and meat scraps. | 1 turnip. |
| Salt. | 1 onion. |
| Stick of celery. | 10 leaves Nelson's Waferleaf Gelatine, |
| 1 oz. pearl barley. | or ¾ oz. Nelson's "Speedway" Powder Gelatine. |

After cleaning the meat, take away all gristle and fat and separate from the bone; cut into small pieces and placing together with the bones in a stewpan add water and salt to taste. Cook slowly for not less than two hours. After preparing and cutting the vegetables small, add to the contents of the saucepan, being careful to keep covered and well skimmed. After boiling strain through a cloth and leave until cold; then remove all fat, pour into a clean saucepan and reheat, adding the required amount of pearl barley and continue to cook until the barley is clear; then add Gelatine dissolved in a small quantity of hot (not boiling) water. This can be served hot or cold.

7. CELERY SOUP.

- | | |
|----------------------|---|
| Head of celery. | 1 oz. flour. |
| 4 good sized onions. | Small quantity margarine. |
| 1 pint milk. | 8 leaves Nelson's Waferleaf Gelatine, |
| Salt and pepper. | or ½ oz. Nelson's "Speedway" Powder Gelatine. |

After splitting celery into 6 pieces, boil in 6 pints water and ½ pint milk, boiling for 2 hours with onions, salt and pepper, being careful to skim top periodically whilst boiling. Pour the contents of the pan through a sieve, rubbing in the other vegetables. Return the whole to the saucepan, adding 1 oz. flour mixed with ½ pint milk and the margarine; stir until it boils. When off the boil add the gelatine dissolved in a small quantity of hot (not boiling) water. This can be served hot or cold.

8. GREEN BEAN SOUP.

- | | |
|-------------------------------|---|
| 1 lb. scarlet runners (tinned | 1½ pints water. |
| 3 small onions. or fresh.) | 5 leaves Nelson's Waferleaf Gelatine. |
| 1 carrot. | or ½ oz. Nelson's "Speedway" Powder Gelatine. |
| Salt and pepper. | |

After cutting into small pieces all the vegetables mentioned above, season and cook together until tender. Pass through a cooking sieve. Heat up after adding the gelatine dissolved in a small quantity of hot (not boiling) water. Serve hot or cold.

9. GREEN PEA SOUP.

- | | |
|---------------------------|---|
| 1 quart green peas. | 2 quarts stock. |
| 2 spring onions. | 5 leaves Nelson's Waferleaf Gelatine, |
| A small quantity of mint. | or ½ oz. Nelson's "Speedway" Powder Gelatine. |
| Parsley (to taste). | |

Boil all the vegetables together and after passing through a cooking sieve pour over 2 quarts of boiling stock. When the whole is off the boil add the gelatine previously dissolved in a small quantity of hot (not boiling) water. Serve hot or cold.

10. HARE SOUP.

- | | |
|-------------------------|---|
| 1 hare. | 1 teaspoonful Worcester sauce. |
| 2 quarts stock. | 1 do. redcurrant jelly. |
| 1 onion. | 1 do. gravy colouring. |
| 6 cloves. | 1 gill port. |
| 1 oz. flour. | 12 peppercorns. |
| 2 ozs. glaze. | 8 leaves Nelson's Waferleaf Gelatine, |
| 2 teaspoonsful ketchup. | or ½ oz. Nelson's "Speedway" Powder Gelatine. |

Carefully dissect the hare being careful to retain the blood. Place the whole after dissection into a pan with the cloves, peppercorns, glaze, onion and colouring, then pour over the 2 quarts of stock and stew slowly for about 2½ hours. Cut the best parts of the hare into small portions, returning the bones to the pan and stew for at least another hour, afterwards straining. Mix flour with a little of the stock (cold) and add with the jelly, ketchup, sauce, pepper and salt and pieces of hare; stirring until the whole comes to the boil and before sending to table add the port wine. Immediately the whole comes off the boil add the gelatine and stir until dissolved. Serve hot or cold.

11. KIDNEY SOUP.

- | | |
|------------------------|---|
| 1 oz. kidney. | A small quantity of ketchup. |
| 1 quart stock | Browning and seasoning (to taste). |
| 1 tablespoonful flour. | 5 leaves Nelson's Waferleaf Gelatine, |
| 1 do. cornflour. | or ½ oz. Nelson's "Speedway" Powder Gelatine. |

After cleaning the kidney pour boiling water over for 10 minutes, then cut up and add 1 quart stock, boiling the whole gently for about 2 hours. Thicken before serving with the gelatine dissolved in hot (not boiling) water and add cornflour, ketchup, browning and seasoning. This can be served hot or cold.

12. LENTIL SOUP.

- | | |
|----------------|--|
| ½ lb. lentils. | 1 oz. margarine. |
| 3 pints water. | 2 sticks celery. |
| ½ pint milk. | Salt and pepper as required. |
| 1 onion. | 8 leaves Nelson's Waferleaf Gelatine, or |
| 1 carrot. | ½ oz. Nelson's "Speedway" Powder Gelatine. |

Clean and prepare vegetables, then fry them for at least ½ hour in the margarine. The lentils should be soaked in water for 24 hours before using and afterwards drained. The lentils should be stirred well into the vegetables. The water, salt and pepper must then be added and the whole allowed to simmer for 2 hours. When the lentils are soft pass the whole of the mixture through a cooking sieve and return to the saucepan adding the milk and boiling again. Add the gelatine after dissolving in a small quantity of hot (not boiling) water when the whole is off the boil. This can be served hot or cold.

13. MACARONI SOUP.

- | | |
|-----------------------|--|
| 1 lb. macaroni. | $\frac{1}{2}$ pint milk or cream. |
| 4 pints stock. | 8 leaves Nelson's Waferleaf Gelatine, or |
| 4 ozs. grated cheese. | $\frac{1}{2}$ oz. Nelson's "Speedway" Powder Gelatine. |

When the macaroni has been broken up, place into water salted to taste and boil until tender. Then take out half the quantity and render the balance to pulp by continued boiling. Add the stock to $\frac{1}{2}$ pint milk with the grated cheese and then add the remainder of the macaroni, together with the gelatine dissolved in hot (not boiling) water and warm the whole without boiling. Can be served hot or cold.

14. MUSHROOM SOUP.

- | | |
|------------------------------|--|
| $\frac{1}{2}$ lb. mushrooms. | Salt and pepper to taste. |
| 2 pints stock. | 5 leaves Nelson's Waferleaf |
| 1 pint milk. | Gelatine, or |
| 1 stick celery. | $\frac{1}{2}$ oz. Nelson's "Speedway" Powder |
| 1 tablespoonful flour. | Gelatine. |

After cutting the mushrooms into small squares, boil with celery in the stock until tender, add milk and stir gently. Season to taste with pepper and salt and remove the stick of celery. Thicken with the flour and add the gelatine after dissolving in hot (not boiling) water. Can be served hot or cold.

15. OXTAIL SOUP.

- | | |
|------------------|--|
| 1 oxtail. | 1 carrot (diced). |
| 2 quarts stock. | 1 turnip (diced). |
| Salt and pepper. | 5 leaves Nelson's Waferleaf Gelatine, or |
| Peppercorns. | $\frac{1}{2}$ oz. Nelson's "Speedway" Powder |
| Cloves to taste. | Gelatine. |

Cut the oxtail into small pieces after washing well in cold water. Put on with stock and boil quickly. Skim thoroughly, add salt, peppercorns and cloves tied in a bag suitable for draining and boil for at least 3 hours. Add carrot and turnip to soup $\frac{1}{2}$ hour before serving, also add gelatine dissolved in hot (not boiling) water. Before serving remove the larger pieces of oxtail as these can be served as a meat course.

16. PEA SOUP.

- | | |
|---------------------------------|--|
| $1\frac{1}{2}$ lbs. split peas. | Parsley to taste. |
| 2 onions. | 1 oz. margarine. |
| 1 carrot. | 4 leaves Nelson's Waferleaf Gelatine, or |
| A head of celery. | $\frac{1}{4}$ oz. Nelson's "Speedway" Powder |
| $\frac{1}{2}$ turnip. | Gelatine. |

Soak peas for 24 hours, then strain and place with 2 quarts water in a saucepan and boil for fully 1 hour. Mash the vegetables and add with parsley to taste and boil the whole until vegetables are soft. Pulp with a spoon then add margarine and seasoning. Stir the whole well. When off the boil add the gelatine dissolved in hot (not boiling) water. Can be served hot or cold.

17. TOMATO SOUP.

- | | |
|------------------|--|
| 2 lbs. tomatoes. | Seasoning to taste. |
| 3 pints stock. | Small quantity of flour. |
| 2 onions. | 5 leaves Nelson's Waferleaf Gelatine, or |
| 2 carrots. | $\frac{1}{2}$ oz. Nelson's "Speedway" Powder |
| 1 stick celery. | Gelatine. |

After cleaning the vegetables, preparing and cutting them up, add same to the stock, seasoning to taste and boil slowly until tender. Strain through a cooking sieve, return the whole to the pan and boil up again with a small quantity of flour. When off the boil add the gelatine after dissolving in hot (not boiling) water. In the event of the original colour not being sufficiently attractive add a drop or two of cochineal.

INVALID SOUPS.

18. POTAGE AU LAIT.

- | | |
|---------------------------------|--|
| 2 spanish onions. | Salt and pepper to taste. |
| 3 sticks of young white celery. | 2 teaspoonful chopped parsley. |
| 2 ozs. butter. | 5 leaves Nelson's Waferleaf |
| 2 tablespoonsful rice. | Gelatine, or |
| 1 pint water. | $\frac{1}{3}$ oz. Nelson's "Speedway" Powder |
| $1\frac{1}{2}$ pints milk. | Gelatine. |

Clean the celery and cut into small particles, also slice onions very thinly. Put 1 oz. butter in a saucepan and add celery and onions and allow to simmer slowly for a few minutes, stirring in the rice. Add 1 pint water and allow the whole to simmer for 1 hour being careful to stir at frequent intervals. When the rice is tender add boiling milk, parsley and pepper and salt to taste, boiling the whole again for 5 minutes. When off the boil add gelatine dissolved in a small quantity of hot (not boiling) water. This should be served hot.

19. POTAGE AUX OIGNONS.

- | | |
|-----------------------|--|
| 3 large onions. | $\frac{1}{2}$ pint milk. |
| 2 ozs. butter. | Grated cheese. |
| 1 quart water. | 5 leaves Nelson's Waferleaf Gelatine, or |
| 3 or 4 rashers bacon. | $\frac{1}{3}$ oz. Nelson's "Speedway" Powder |
| Pepper and salt. | Gelatine. |

Slice the onions and place with butter into a stew pan, cover and simmer for at least $\frac{1}{2}$ an hour stirring often. Add bacon and the water and boil for a further hour afterwards straining the soup. Add pepper and salt to taste and reboil. Just before serving stir in $\frac{1}{2}$ pint hot milk in which gelatine has been dissolved and two tablespoonsful of grated cheese. This should be served hot.

20. POTAGE JULIENNE.

- | | |
|---------------------|--|
| Stock. | Pepper and salt to taste. |
| 3 carrots. | 1 lump of sugar. |
| 2 sticks of celery. | 4 leaves of Nelson's Waferleaf Gelatine or |
| 1 onion. | $\frac{1}{4}$ oz. Nelson's "Speedway" Powder |
| 1 turnip. | Gelatine. |

Chop the carrots celery onion and turnip into very small pieces. Fry them in butter until brown being careful to see that it does not burn. Add the fried vegetables and 3 pints of stock and place the whole into a large stew-pan together with pepper salt and sugar to taste and boil the whole slowly for about 1 hour. When off the boil add the gelatine dissolved in hot (not boiling) water and serve either hot or cold.

21. WHITE SOUP.

- | | |
|----------------------|--|
| 2 lbs. potatoes. | 1 stick celery. |
| 1 pint milk. | 4 leaves Nelson's Waferleaf |
| 3 pints white stock. | Gelatine or |
| 3 small onions. | $\frac{1}{4}$ oz. Nelson's "Speedway" Powder |
| Seasoning to taste. | Gelatine. |

Slice and peel onions and potatoes carefully clean celery and cut into small particles. Place the whole together with the stock in a stew pan and cook until tender. Pass through a cooking sieve add milk and seasoning and re-boil. When soup is off the boil add the gelatine dissolved in hot (not boiling) water. Can be served hot or cold.

FISH.

General Hints.

When using Nelson's Waferleaf Gelatine always be careful to dissolve in hot water only and not let the water reach boiling point, as the best results are likely to be effected and jellying strength retained if this direction is carefully followed.

22. COD OR HAKE MAYONNAISE.

Remains of cooked cod or hake.	Salt and pepper to taste.
Mayonnaise sauce.	4 leaves Nelson's Waferleaf Gelatine, or
1 lettuce.	$\frac{1}{4}$ oz. Nelson's "Speedway" Powder
Water.	Gelatine.

After carefully taking out the best parts of the fish and removing all bones and skin, chop up the lettuce and place the whole in an entree dish. Place the fish on the lettuce and arrange in a regular manner. Sprinkle with salt and pepper to taste. Dissolve the gelatine in a little warm water and mix with the mayonnaise sauce. Pour over the fish and garnish with lettuce and parsley.

23. FISH SALAD (JELLY MOULD).

$\frac{1}{2}$ lb. fish.	Mayonnaise.
2 hard boiled eggs.	8 leaves Nelson's Waferleaf
1 lettuce.	Gelatine, or
Watercress.	$\frac{1}{2}$ oz. Nelson's "Speedway" Powder
1 slice beetroot.	Gelatine.

Slice the fish and after shelling eggs cut same into six rings and prepare the salad. Place the fish and salad dressing in the centre of a mould and cover the whole with aspic jelly prepared from a recipe for aspic jelly previously given.

24. LOBSTER MAYONNAISE (TINNED OR FRESH).

1 lobster.	8 leaves Nelson's Waferleaf
1 lettuce.	Gelatine, or
Thick mayonnaise.	$\frac{1}{2}$ oz. Nelson's "Speedway" Powder
2 hard boiled eggs.	Gelatine.

After removing flesh from the shell cut into equal sized pieces. being careful to keep the flesh from the claws whole, as this together with the coral can be used for garnishing. Wash and dry a long lettuce, reducing the outer leaves to shreds and reserving the heart. Mix the shredded lettuce with the cut up lobster and add enough mayonnaise to moisten. Place the whole into a deep dish or salad bowl. Cut into rings the hard boiled eggs and place them round the edge of the bowl. Dissect the heart of the lettuce and use for decorating the top of the salad, together with the flesh from the claws. Pour over some mayonnaise. This dish is much improved by being made in a mould and finally covering with aspic jelly made with Waferleaf Gelatine in accordance with the recipe contained herein.

25. SOLE FILLETS AU FROMAGE.

1 fillet of sole to each person.	2 tablespoonsful chopped mushrooms.
Butter.	8 leaves Nelson's Waferleaf
White sauce.	Gelatine, or
1 tablespoonful grated cheese.	$\frac{1}{2}$ oz. Nelson's "Speedway" Powder
	Gelatine.

Place the fillets between two plates with a little butter and stand over a saucepan of boiling water for about 20 minutes; then add the grated cheese to a little white sauce and stir till boiling, together with chopped mushrooms. The steamed fillets should then be placed in a fireproof dish, pour sauce over and then heat in a quick oven until slightly browned. To improve the dish add aspic jelly as per recipe No. 31 in this Booklet.

26. FILLETS OF FISH IN ASPIC.

1½ lbs. of good white fish.

1 pint of Aspic Jelly (made with Nelson's "Waferleaf" or "Speedway" Powder Gelatine).

½ doz. gherkins from the pickle jar.

Boil fish in slightly salted water. Let it cool and dry. Make 1 pint of aspic jelly, flavouring it with either lemon, plain vinegar or white wine. Separate fish in even sized flakes, not too small; slice gherkins very thin lengthwise. Arrange fish and gherkins in baby sized moulds; pour aspic over and let set. Serve on lettuce leaves. One mould to each person.

27. PRAWNS IN ASPIC.

1½ pints of good sized prawns.

¾ pint Aspic Jelly (made with Nelson's "Waferleaf" or "Speedway" Powder Gelatine).

Shell the prawns; arrange them in six small moulds (six to the pint size). Make ¾ pint aspic jelly using one meat cube. Flavour with vinegar pour over prawns and let set. This recipe serves six.

28. SALMON IN ASPIC.

1 tin salmon steak.

¾ pint Aspic Jelly (made with Nelson's "Waferleaf" or "Speedway" Powder Gelatine).

Pepper and salt.

Take out salmon, remove skin and bone. Pour boiling water over it and let it drain and dry. Make ¾ pint aspic jelly with 1 beef cube and 2 tablespoonsful of vinegar. Either mash or flake the fish. Put in pint sized mould. Pour aspic jelly over, stirring gently all the while. Leave to set and serve with salad. This recipe serves four.

29. JELLIED EELS.

Clean and boil the eels in water which has been well seasoned with pepper, salt, onion, a clove, a bay leaf, and a little vinegar. When done, cut up eels and slip out bones. Strain off the liquor in which the eels have been boiled, and boil the liquor in a saucepan, skimming until clear. When a little cooler, dissolve 4 leaves Nelson's Waferleaf Gelatine or ¼ oz. Nelson's "Speedway" Powder Gelatine to each pint of liquor.

Arrange the pieces of eel in a mould. A little green salad (cut small) may be added, also a fillet or two of anchovies. Pour the liquor into the mould gently, but be careful not to disturb the pieces of eel.

Stand the mould in cold water to set. Serve with beetroot, water-cress, etc.

30. LOBSTER IN ASPIC.

1 tin lobster (or fresh lobster may be used).

1 pint aspic jelly (made with Nelson's "Waferleaf" or "Speedway" Powder Gelatine).

Remove lobster from tin. Loosen out and carefully remove any remnants of shell or bone. Place lobster loosely in a mould. Make one pint aspic jelly. Fill mould with jelly liquid and leave to set.

If there is any jelly liquid left over leave it to set, and break it up for garnishing the lobster mould when it is turned out for the table.

N.B.—To many people lobster is a very indigestible dish. This method of serving will render it quite digestible.

MEAT AND MEAT DISHES.

General Hints.

When using Nelson's "Waferleaf" Gelatine and "Speedway" Powder Gelatine always be careful to dissolve in hot water only and not let the water reach boiling point, as the best results are likely to be effected and jellying strength retained if this direction is carefully followed.

31. ASPIC JELLY.

16 leaves Nelson's "Waferleaf"	1 pint water.
Gelatine.	2 beef cubes.
or 1½ oz. Nelson's "Speedway"	Salt and pepper to taste.
Powder Gelatine.	Dash of lemon juice.

Dissolve one or two beef cubes in a jug with one pint of boiling water. Add salt pepper and lemon. Let it stand for a few minutes until the meat fibre has dropped to the bottom of the jug and liquor is clear. Reheat the liquor but do not boil. Place gelatine leaves in and stir until dissolved, then pour into mould rinsed with cold water and leave in cool place to set.

Aspic jelly is recommended as an addition to a number of recipes contained in this booklet.

FLAVOURING FOR ASPIC JELLY.

Ordinary and Tarragon Vinegars, white wine and sherry, celery salt, or a few drops of Worcestershire sauce are perfect flavourings for aspic jelly.

The important thing is to select the flavouring which harmonises with the food dressed in aspic. Vinegar, and especially Tarragon vinegar, blends perfectly with vegetables and salads. White wine is best for fish and chicken, sherry for all meats, and especially ham; celery goes well with eggs, and Worcestershire sauce with brawns and cold meats.

The best quantities for flavouring are as follows:—

Vinegar	..	..	..	2 tablespoonsful to the pint.
White Wine	..	..	..	Half-tumbler to the pint.
Sherry	..	..	..	1 wineglassful to the pint.
Celery salt	..	..	..	As ordinary salt to taste.
Worcestershire Sauce	..	..	..	1 dessertspoonful.

32. FILET AUX CHAMPIGNONS.

1 or 2 lbs. of fillet steak.	8 leaves Nelson's "Waferleaf"
Butter.	Gelatine, or
Mushrooms.	½ oz. Nelson's "Speedway" Powder
1 cupful of brown sauce.	Gelatine.

After cleaning the mushrooms and trimming stalks, fry in a pan with 1 oz. butter and add the brown sauce to the frying mushrooms and simmer for 10 minutes, being careful to stir occasionally. Trim the steak and grill, turning it when one side is well browned. About 15 minutes for each side of a fillet is usually sufficient to give best results. Serve in a dish with mushrooms and add gelatine dissolved in hot (not boiling) water. Pour the sauce over the whole.

33. GALATINE OF BEEF.

1 lb. lean stewing beef.	Pepper and salt.
½ lb. bacon.	1 onion.
4 tablespoonsful of	2 eggs.
breadcrumbs.	Butter.
Stock.	Glaze.
Small quantity of flour.	2 leaves Nelson's "Waferleaf" Gelatine,
Parsley.	or ½ oz. Nelson's "Speedway" Powder
	Gelatine.

Cut the beef and bacon into small pieces and mix it with the breadcrumbs, pepper and salt and chopped onion. Beat the eggs well and stir in and add enough stock to make a stiff paste. Make it into a roll, tie it up in a buttered and floured pudding cloth and boil for 2 hours. When done, press between two large plates or dishes until cold. When set firmly remove the cloth and cover with glaze. Parsley can be used for decorative purposes.

34. GALANTINE OF HAM AND VEAL.

1 lb. veal.	Flour.
1 lb. ham.	Seasoning.
Breadcrumbs.	6 leaves of Nelson's Waferleaf Gelatine,
Stock.	or $\frac{1}{2}$ oz. Nelson's "Speedway" Powder
2 eggs.	Gelatine.

Mince the veal and ham together. Make into a firm paste with the breadcrumbs, eggs, seasoning and enough stock to moisten. Place in a floured cloth and boil for about 1 hour. Heat the gelatine in 2 pints of stock until dissolved and pour this over the veal and ham roll when cold. Serve when the gelatine is firmly set.

35. HARICOT DE MOUTON.

2 or 3 lbs. neck mutton.	1 lb. potatoes.
3 ozs. butter.	1 lb. turnips.
1 quart stock or water.	4 leaves Nelson's Waferleaf
Pepper and salt to taste.	Gelatine.
2 onions.	or $\frac{1}{2}$ oz. Nelson's "Speedway" Powder
2 tablespoonsful of flour.	Gelatine.

After removing superfluous fat from the mutton fry in butter until well browned. Remove the meat from the pan and keep hot. Thicken the fat which is left in the pan by stirring it into the flour, then add the stock or water, at the same time continuing to stir. Add seasoning to taste, bring to the boil, add meat, cover and simmer for 1 hour. Peel turnips, cut same into sections and fry in butter, add sliced onions and fry together with the turnips. Place these in the stew and lay the potatoes, peeled and quartered, on the surface. Cover and simmer for another hour, when the potatoes should be tender. Place the cutlets in the centre of a large dish, surround same with a border of vegetables and pour the liquid, to which should be added the dissolved gelatine, which is left in the stew pan over the whole.

36. IRISH STEW.

2 lbs. mutton.	2 leaves Nelson's Waferleaf
Potatoes.	Gelatine.
Onions.	or $\frac{1}{2}$ oz. Nelson's "Speedway" Powder
$\frac{3}{4}$ pint water.	Gelatine.

Cut the meat into small pieces and remove superfluous fat. Place a layer of meat in the bottom of the pan, together with a layer of potatoes and a layer of sliced onions. Repeat this process until the pan is full, but be careful to place a layer of potatoes on the top. Add the water and dissolved gelatine and simmer in a covered pan for $1\frac{1}{2}$ hours.

37. STEAK AND KIDNEY PIE.

Flaky pastry.	2 tablespoonsful of flour.
$1\frac{1}{2}$ lbs. steak.	2 leaves Nelson's Waferleaf Gelatine,
$\frac{3}{4}$ lb. kidney.	or $\frac{1}{2}$ oz. Nelson's "Speedway" Powder
Pepper and salt to taste.	Gelatine.

Cut up the steak and kidney into small pieces; mix some salt and pepper with one tablespoonful of flour and roll the pieces of meat in it. Put the meat with some pepper and salt into a stew pan with enough water to cover and simmer gently for $1\frac{1}{2}$ hours. Mix 1 tablespoonful of flour with some water till quite smooth, add it to the contents of the saucepan, and stir till the liquid thickens. Turn into a dish to cool. Line the sides of a pie-dish with pastry, fill with the stewed steak and kidney, and half fill with gravy; if the meat does not fill the dish, put a layer of sliced potatoes on top; cover with pastry and make a cut with a knife in three or

four places to let out the steam. Bake in a quick oven for 15 minutes, then lower the heat and cook slowly for 45 minutes more. Heat the gravy, in which the gelatine has previously been dissolved, that was left over when filling the pie dish, and just before serving pour the hot gravy through one of the holes in the top of the pie with the help of a funnel.

38. STEAK AND KIDNEY PUDDING.

6 ozs. flour.	$\frac{1}{2}$ lb. kidney.
$\frac{1}{4}$ lb. shredded suet.	Stock.
Salt and pepper to taste.	2 leaves Nelson's Waferleaf Gelatine,
1 lb. steak.	or $\frac{1}{8}$ oz. Nelson's "Speedway" Powder Gelatine.

Mix the flour and suet; add a pinch of salt and enough water to form a paste. Roll out to the desired thickness on a floured board. Line a greased basin with the paste, saving the trimmings to cover the top. Cut the steak and kidney into cubes; roll in flour and put them in the basin, sprinkle a little salt and pepper over, pour on the stock in which the gelatine has been dissolved, and cover the top with the paste trimmings. Cover the basin with a piece of greased paper and a floured cloth and boil in a large saucepan for 3 hours.

39. VEAL MOULD.

1 lb. veal or knuckle.	A few mixed herbs.
1 onion.	8 leaves Nelson's Waferleaf Gelatine,
6 cloves.	or $\frac{1}{2}$ oz. Nelson's "Speedway" Powder Gelatine.

Place the meat in cold salted water adding onion, cloves and herbs in a straining bag. Simmer for fully two hours. When tender cut up the meat, place in a mould, cover with the strained liquor to which add the dissolved gelatine and leave overnight. Serve with green vegetables.

40. PORK, OR VEAL AND HAM, PIE.

Take 1 lb. of pork for a pork pie; or $\frac{3}{4}$ lb. of veal cutlet, $\frac{1}{4}$ lb. ham, and one hard-boiled egg (if liked), for a veal and ham pie; 4 leaves Nelson's Waferleaf Gelatine or $\frac{1}{4}$ oz. Nelson's "Speedway" Powder Gelatine.

Cut the meat into small pieces and season with salt and pepper. To make the crust, boil 2 ozs. of lard or dripping in $\frac{3}{4}$ of a teacupful of water, and pour it on hot to $\frac{1}{2}$ lb. flour to which a pinch of salt has been added, and mix to a stiff paste. Put aside enough paste to make the lid and keep it hot.

Flour the pastry board, and work the paste into a ball. Put this ball into a $\frac{1}{2}$ lb. cake tin. Then, with the knuckles of your right hand, press a hole in the centre and mould the paste round the sides of the tin. Put in the meat and eggs, and add one tablespoonful of cold water. Put on the lid and make a rose to decorate the centre of the pie.

Put the pie in a hot oven for 10 minutes, then bake it in a moderate oven for $\frac{3}{4}$ of an hour. When the pie is cold, remove the rose from the top and make a little hole.

Make $\frac{1}{2}$ pint gravy from the meat trimmings and add 4 leaves of Nelson's Waferleaf Gelatine or $\frac{1}{4}$ oz. Nelson's "Speedway" Powder Gelatine dissolved in warm water to it. Put it in the pie and allow 12 hours to set.

41. HOME MADE BRAWN.

1 pint aspic jelly (made with	1 cooked sausage.
Nelson's Waferleaf Gelatine	6 ozs. lean ham.
or Nelson's "Speedway"	1 hard boiled egg.
Powder Gelatine.	Seasoning.
$\frac{1}{2}$ lb. cold beef.	

Cut all meat into small cubes. Slice egg thinly. Rinse pint size mould, line bottom and sides with slices of egg and some finely chopped parsley.

Sprinkle meat over it ; pack it gently and pour in aspic. This recipe gives you over two pounds of delicious brawn, and will be found very helpful in serving left-over meat, especially that cut close to the bone, which, being usually underdone, gives an appetising colour to the brawn.

42. CHICKEN IN ASPIC.

1 chicken (about 3 lbs. when trimmed).

1½ pints aspic jelly as instructed below.

Roast chicken with stuffing if desired. Baste it liberally with melted butter and a little hot water until there is plenty of gravy in the roasting dish. When done, put where it will remain as hot as possible. Strain gravy, add water and, if possible, ½ tumbler of white wine up to 1½ pints.

Pour liquor in glass jar. Let stand in cool place until fat has come to the top ; remove fat. Heat the clear liquor. Dissolve 6 leaves Nelson's Waferleaf Gelatine or ½ oz. Nelson's "Speedway" Powder Gelatine in it, add salt and pepper, lemon and cayenne. Remove skewer and string from chicken ; put it breast downwards in jelly mould. Pour aspic over it until well covered, and let set. Serve with salad.

A young chicken prepared this way will carve beautifully and do for 8 persons easily.

A more economical dish is prepared with a "boiling fowl." Boil the fowl until tender, remove it from stock, dry well, rub it with fat and brown it rapidly in a very hot oven. Then keep it warm while the aspic is made with the stock, from which all fat must be removed. The addition of finely chopped parsley to the aspic imparts a delicious flavour.

43. CHICKEN MOUSSE.

½ pint aspic jelly (made with Nelson's Waferleaf or "Speedway" Powder Gelatine).

1 cupful of cooked chicken, chopped medium fine.

1 cupful of celery, chopped very fine.

1 tablespoonful of vinegar (additional to water in aspic).

2 pieces of pickle, chopped fine.

Salt, pepper and dash of cayenne.

½ cup cream or unsweetened condensed milk.

"Cups" are more convenient than weights for making this dish.

and they are meant to be breakfast cups.

Chop the chicken, don't mince it. Also chop celery and pickle. Mix all with seasoning and vinegar. Make ½ pint aspic jelly with 5 leaves Nelson's Waferleaf Gelatine or ½ oz. Nelson's "Speedway" Powder Gelatine and ½ beef cube. When cold add thickening, whip it to consistency of whipped cream. Mix with other ingredients. Whip the cream and fold it in the mousse. Fill 1½ pint size mould with mixture. Let cool and set ; serve on lettuce leaves garnished with slices of tomatoes.

Usually there is enough meat left on a good sized chicken after the breast, legs and wings have been consumed, for making a Chicken Mousse for 6 persons, whereas without serving a dish such as this there would be enough for 2 persons only.

44. VEAL CUTLETS IN WHITE SAUCE.

Cut six or seven cutlets, about half an inch thick, from a neck of veal, braise them in half a pint of good white stock with an onion, a small bunch of herbs, a bacon bone, and two or three peppercorns, until they are done. Let the cutlets get cool in the liquor, then drain them. Strain the liquor and make a white sauce with it ; add a teaspoonful of thick cream and 4 leaves of Nelson's Waferleaf Gelatine, or ½ oz. Nelson's "Speedway" Powder Gelatine, dissolved in a gill of milk ; season with salt and cayenne pepper, stirring occasionally until quite cold. Dip the cutlets in, smoothly coating one side, and before the sauce sets decorate them with

very narrow strips of truffle in the form of a star. Cut as many pieces of cooked tongue or ham as there are cutlets, dish them alternately in a circle on a border of aspic, fill the centre with a salad composed of all kinds of cold cooked vegetables, cut with a pea-shaped cutter and seasoned with oil, vinegar, pepper and salt. Garnish with aspic jelly cut lozenge-shape and sprigs of chervil.

45. MAYONNAISE OF LAMB.

The best way to use a cold neck of lamb is to divide it into cutlets, trim them neatly and dip each one in mayonnaise sauce which has been mixed with a little cold melted aspic jelly, sprinkle them alternately with minced ham and gherkin. Arrange the cutlets on a border of chopped aspic jelly, with a nice fresh salad in the centre. Garnish the base with sliced tomatoes and picked watercress.

46. COLD MEAT WITH ASPIC JELLY.

Aspic jelly (made with Nelson's Waferleaf or "Speedway" Powder Gelatine) blends well with all cold meats and is an agreeable change from pickles and sauces. It also helps a very small quantity of meat to go a long way. Corned beef and other ready cooked meats are very attractive when served with aspic jelly.

Directions.—Make 1 pint of aspic with 4 leaves Nelson's Waferleaf Gelatine or $\frac{1}{4}$ oz. Nelson's "Speedway" Powder Gelatine and 1 beef cube. Flavour as required. Worcestershire relish makes a very good flavouring.

Pour aspic on dinner plates to a depth of $\frac{1}{4}$ inch and let it set hard. Slice meat thinly, arrange slices on dish, cut aspic in small shapes, squares, circles or stars. Arrange two or three of these shapes on each slice of meat and use a few for decorating the dish. Chop rest of aspic fine and put in little moulds where it looks best. Served like this a small tin of corned beef is quite adequate for 6 persons.

47. HAM MOUSSE.

1 lb. lean ham or boiled bacon.

1 pint aspic jelly (made with Nelson's Waferleaf or "Speedway" Powder Gelatine).

Dash of cayenne.

The ham or bacon should be lean with a good colour. Meat cut near the bone is best. Chop meat finely, don't mince it.

Make 1 pint aspic jelly with 4 leaves of Nelson's Waferleaf Gelatine or $\frac{1}{4}$ oz. Nelson's "Speedway" Powder Gelatine, $\frac{1}{2}$ beef cube and, if possible, a wineglassful of sherry. When aspic is cold and getting thick whip it with Dover Wheel to the consistency of whipped cream. Mix meat, aspic and cayenne. Pour into 6 or 8 individual-sized moulds, let set and serve with a garnishing of parsley.

POULTRY AND GAME.

General Hints.

When using Nelson's Waferleaf or "Speedway" Powder Gelatine always be careful to dissolve in hot water only and not let the water reach boiling point, as the best results are likely to be effected and jellifying strength retained if this direction is carefully followed.

48. JUGGED HARE.

1 hare.

1 onion.

Bunch of sweet herbs.

Cornflour.

Redcurrant jelly.

Seasoning.

2 leaves Nelson's Waferleaf
Gelatine.

or $\frac{1}{8}$ oz. Nelson's "Speedway" Powder
Gelatine.

Clean and wash the hare, cut up in pieces, and place in a jar or earthenware dish with 1 pint water, 1 onion, herbs and seasoning. Cover the jar tightly, in order that the steam shall not escape, put it into a saucepan of boiling water and steam for $3\frac{1}{2}$ or 4 hours. Put the hare on a dish, skim the gravy, thicken with a little cornflour and 2 leaves of Waferleaf Gelatine or $\frac{1}{8}$ oz. Nelson's "Speedway" Powder Gelatine, boil up, pour over the meat, and serve with redcurrant jelly.

49. POULET A LA MARENGO.

1 chicken.	3 or 4 tomatoes.
1 oz. butter.	1 tablespoonful of flour.
2 or 3 slices of fat bacon	Stock.
Salt and pepper.	4 leaves Nelson's Waferleaf
Onions.	Gelatine.
1 bay leaf.	or $\frac{1}{4}$ oz. Nelson's "Speedway" Powder
Parsley.	Gelatine.

Cut up the bird and place it in a large stew-pan or casserole with the butter and chopped bacon ; cook gently until the pieces of chicken are browned on all sides. Then add salt and pepper, a few small onions, a bay leaf, a bunch of parsley and the tomatoes cut into quarters ; cover and cook in the oven for about an hour and a half. Remove the fowl from the pan and keep it hot while the flour is stirred with the liquor and gelatine in the pan until it becomes thick and brown ; then add a little stock and stir for five minutes more. Place the pieces of chicken in the centre of a flat dish and pour the thickened sauce over.

50. POULET AU CHOUX.

Chicken.	1 onion.
$\frac{1}{2}$ lb. bacon.	Pepper and salt.
$\frac{1}{2}$ lb. carrots.	Stock.
1 oz. butter.	Dripping.
1 oz. flour.	2 leaves Nelson's Waferleaf Gelatine,
1 small cabbage.	or $\frac{1}{8}$ oz. Nelson's "Speedway" Powder
Bunch of herbs.	Gelatine.

Young birds need not be used for this dish. Truss them as for boiling. Cut the bacon, onion, and the carrots into dice. Put them into a casserole with the butter and fry for a few minutes ; stir in the flour until it thickens and browns. Place the chicken in the thickened sauce. Wash and cut up a small cabbage and put it into the casserole with the chicken, add a bunch of herbs and an onion and sprinkle with pepper and salt. Add half a pint of stock, put some small lumps of dripping or butter on the bird, cover, and simmer for two or three hours. When serving, make a bed of the cooked cabbage on a dish and place the bird on it. Garnish with the carrots and pour the liquid, in which the gelatine has been dissolved, over the cabbage.

ENTREES.

General Hints.

When using Nelson's Waferleaf Gelatine always be careful to dissolve in hot water only and not let the water reach boiling point, as the best results are likely to be effected and jellying strength retained if this direction is carefully followed.

51. BEEF AND POACHED EGGS.

Cold Beef.	Browning.
1 oz. butter.	1 tablespoonful flour.
1 or 2 onions.	Poached eggs.
Parsley.	2 leaves Nelson's Waferleaf
Sprig tarragon.	Gelatine.
Stock.	or $\frac{1}{8}$ oz. Nelson's "Speedway" Powder
Seasoning.	Gelatine.

Mince the meat, taking out all skin and gristle. Put into a stew pan the butter, onions, parsley, and tarragon, all chopped finely, and fry well. Add sufficient stock for the quantity of meat, and seasoning to taste and a little browning. Mix the flour with a little water and add to the pan. Stir constantly, and when the sauce is smooth and well boiled, add the gelatine and the meat and heat through ; do not let it boil or it will be hard. Pour the mixture on to a dish and serve the eggs on top.

52. BEEF MOULD

- | | |
|----------------------------------|---|
| 1 lb. cold roast beef. | Few dried herbs. |
| 2 ozs. bacon or ham. | 1 beaten egg. |
| 1 chopped onion. | Salt. |
| 1 gill stock or gravy. | 2 leaves Nelson's Waferleaf |
| 4 oz. breadcrumbs. | Gelatine, |
| Pepper. | or $\frac{1}{8}$ oz. Nelson's "Speedway" Powder |
| 1 tablespoonful chopped parsley. | Gelatine. |

Mince the meat, and add to the pan in which the onion has been fried. Heat well and add the stock, in which has been dissolved the gelatine, breadcrumbs, parsley, herbs, egg and seasoning. Butter a mould, sprinkle with breadcrumbs, pour in the mixture, cover with a greased paper, and bake for $\frac{3}{4}$ hour. Turn out and serve with a rich gravy poured round the mould.

53. BEEF AND RICE JELLY COMPOTE.

- | | |
|------------------------|---|
| 3 tablespoonsful rice. | $\frac{1}{2}$ pint stock or gravy. |
| Cold cooked beef. | Pepper and salt. |
| 1 oz. butter. | 2 leaves Nelson's Waferleaf |
| 1 small onion. | Gelatine. |
| 3 small tomatoes. | or $\frac{1}{8}$ oz. Nelson's "Speedway" Powder |
| 1 oz. flour. | Gelatine. |

Prepare the rice first by boiling it in water until tender and setting in a shaped mould; cover and keep hot. Slice the onion and tomatoes and fry in butter until the onions have browned. Stir in the flour and add the stock a little at a time, in which has been previously dissolved the gelatine, stirring well; cook for 2 or 3 minutes; add pepper and salt. Cut the meat into very thin slices and lay them in this sauce; heat it gently beside the fire for about 15 minutes, but do not allow it to boil. When ready turn out the rice shape on to a hot dish, lay the slices of meat round the rice and pour the sauce over.

54. EGG MINCE.

- | | |
|----------------|---|
| Cold meat. | Toast. |
| Chopped onion. | Poached eggs. |
| Herbs. | 2 leaves Nelson's Waferleaf |
| Salt. | Gelatine. |
| Pepper. | or $\frac{1}{8}$ oz. Nelson's "Speedway" Powder |
| Stock. | Gelatine. |

Mince the meat and add to the chopped onion, herbs and seasoning. Cover with stock, in which has been previously dissolved the gelatine, and simmer for 20 minutes. Prepare the eggs on toast. Pour the mince, when done, on to a large dish, and surround with the poached eggs on toast.

55. MINCE POTPOURRI.

- | | |
|-------------------------------|---|
| Cold cooked meat. | Stock. |
| 2 tablespoonsful breadcrumbs. | White sauce. |
| 1 onion. | 2 leaves Nelson's Waferleaf |
| Parsley. | Gelatine, |
| Pepper and salt. | or $\frac{1}{8}$ oz. Nelson's "Speedway" Powder |
| Mixed Herbs. | Gelatine. |

Mince the meat and mix it well with the pepper, salt, herbs, chopped onion, and enough stock to cover. Stew gently for 20 minutes. Well grease some ramekin cases, mix the stewed mince with the breadcrumbs, and press into the ramekin cases. Bake for about $\frac{1}{2}$ hour. Pour white sauce over and garnish with parsley. Add gelatine to stock after dissolving in warm water.

56. MUTTON ASPIC.

- | | |
|--|---------------------------------|
| $1\frac{1}{2}$ gills stock. | 1 teaspoonful lemon rind. |
| 3 leaves Nelson's Waferleaf | 1 dessertspoonful green pickle. |
| Gelatine. | 1 hard boiled egg |
| or $\frac{1}{8}$ oz. Nelson's "Speedway" | Seasoning and nutmeg. |
| Powder Gelatine. | 1 lb. cold mutton. |
| | Cold chopped vegetables. |

Pour the stock over the gelatine ; leave for 20 minutes and stir over the fire until dissolved. Chop the lemon rind and pickle and add to the egg, finely chopped. Add seasoning to this mixture, and nutmeg. Cut the meat into dice. When barely liquid, pour some of the jelly into and around a mould, about 1 inch thick. When nearly set, arrange the meat and strew in the mixed ingredients. Fill the mould with jelly, at the same temperature as that already used to line the mould. Decorate with the vegetables.

57. TRIPE EN CASSEROLE.

1 lb Tripe.	1 pint stock.
6 onions.	$\frac{1}{2}$ pint white wine.
3 carrots.	2 leaves Nelson's Waferleaf Gelatine,
1 oz. butter.	or $\frac{1}{8}$ oz. Nelson's "Speedway" Powder
Pepper and salt.	Gelatine.

Melt the butter in a casserole. Slice the carrots and onions and fry them in the butter until brown. Cut the tripe into pieces about 2 inches square ; add it to the onions and butter in the casserole with pepper and salt to taste ; stir in the stock, to which the gelatine has been added and wine. Cover closely and cook either in a slow oven or over a low gas for 4 or 5 hours.

58. VEGETABLE MARROW AND MUTTON.

1 large vegetable marrow.	3 yolks of eggs.
Minced cold mutton.	Stock.
Flour.	2 leaves Nelson's Waferleaf Gelatine,
Seasoning.	or $\frac{1}{8}$ oz. Nelson's "Speedway" Powder
Finely chopped onion.	Gelatine.

Cut the marrow in half, down the length, and scoop out the seeds. Fill with the following mixture :—Minced mutton, dredged with a little flour, seasoned, and flavoured with chopped onion, bound with the yolk of 1 egg. Tie the two halves together again with fine pack thread and stew until tender in good-flavoured stock. When cooked, remove from the stock, which must be thickened with yolks of 2 eggs and dissolved gelatine. Pour this sauce over the marrow (from which the string has now been removed) and serve.

59. WARWICKSHIRE COLD POT.

$\frac{1}{4}$ lb. haricot beans.	2 tomatoes.
1 carrot.	Pepper and salt.
Half a turnip.	$1\frac{1}{2}$ pints stock.
2 onions.	$1\frac{1}{2}$ lbs. meat.
$\frac{1}{2}$ lb. fat bacon.	4 leaves Nelson's Waferleaf Gelatine,
Herbs.	or $\frac{1}{4}$ oz. Nelson's "Speedway" Powder
Parsley.	Gelatine.

Soak the haricot beans for at least 12 hours. Add the beans, bacon, herbs, parsley and seasoning to the stock, and let all simmer gently for 2 hours. Cut up the meat into rather large pieces, add to the vegetables and let the whole simmer for a further hour. Remove the parsley and herbs and serve the meat and bacon on a large hot dish in the centre of the vegetables. Pour gelatine, after dissolving in hot (not boiling) water over the whole and allow to stand until cold.

PUDDINGS AND SWEETS AND FRUIT SALADS.

General Hints.

The insides of jelly moulds and shapes must be wetted with cold water before use to enable the set shape to be turned out easily after setting.

Tinned fruits should be removed from the tin immediately after opening.

Do not stew fruit in an iron saucepan as the colour and flavour is spoilt by the action of the acid in the juice on the iron. Yolks and whites of eggs when beaten separately make preparations in which they are used lighter.

Whipped white of egg is an economical substitute for whipped cream. When using Nelson's Waferleaf Gelatine always be careful to dissolve in hot water only and not let the water reach boiling point, as the best results are likely to be effected and jellying strength retained if this direction is carefully followed.

60. APRICOT EGGS.

Small round sponge cakes.	1 tin apricots.
7 leaves Nelson's Waferleaf Gelatine.	White of 2 eggs.
	6 ozs. castor sugar.
or $\frac{1}{2}$ oz. Nelson's "Speedway" Powder Gelatine.	Pinch of salt.

Mix the syrup from the tin of apricots with the gelatine. Place the round sponge cakes side by side in a large glass dish and pour over them the gelatine and syrup mixture and leave till set. Make a very stiff meringue by beating the white of 2 eggs with a pinch of salt till the froth stands alone; mix in the sugar very lightly. Spread meringue in the middle of each slice of sponge cake, to resemble the white of a poached egg on toast. Put $\frac{1}{2}$ apricot in the centre of each heap of meringue to represent the yolk. If preferred, whipped cream may be used instead of the meringue.

61. FRUIT MOULDS.

Apple Mould.	Pear Mould.
Apricot Mould.	Plum Mould.
Banana Mould.	Loganberry Mould.
Cherry Mould.	Greengage Mould.
Peach Mould.	Mixed Fruit Mould.
Raspberry Mould.	Plum and Banana Mould.
Strawberry Mould.	

Take a tin, bottle or fresh fruit of one of the above, strain off the syrup and heat (not boil) it in a saucepan, adding 5 leaves of Nelson's Waferleaf Gelatine or $\frac{1}{4}$ oz. Nelson's "Speedway" Powder Gelatine to each pint of syrup. Place the fruit in a mould and pour syrup over. Stand the mould in a cool place or preferably a refrigerator to set (use 2 more leaves of Waferleaf Gelatine in hot weather).

Note.—The majority of tinned fruits are sweetened, therefore it is unnecessary to add sugar, but for bottled and fresh fruit add sugar and sweeten to taste.

62. COMPOTE DE FRUIT.

Various fresh or bottled fruit.	4 leaves Nelson's Waferleaf Gelatine.
Water.	or $\frac{1}{4}$ oz. Nelson's "Speedway" Powder Gelatine.
Sugar.	

Make a syrup of boiling sugar and water together in the proportion of 1 lb of sugar to 1 pint water. Prepare the required fruit and lay same in the syrup and stew very slowly in oven until tender. When this is done pour gelatine dissolved in small quantity of hot (not boiling) water over the whole and stand to cool.

63. ARROWROOT BLANCMANGE.

2 teacupful arrowroot.	4 leaves Nelson's Waferleaf Gelatine.
1 quart milk.	
1 oz. sweet almonds.	or $\frac{1}{4}$ oz. Nelson's "Speedway" Powder Gelatine.
15 bitter almonds.	

Mix the arrowroot with the sweet almonds and the bitter almonds, blanched and pounded. Moisten with a little cold milk, and add to a quart of hot milk in a saucepan. Boil for a few minutes, stirring all the time, pour into moulds, add gelatine, and turn out when set.

64. CHOCOLATE MOULD.

1 pint of milk.	1 tablespoonful sugar.
2 ozs. cornflour.	4 leaves Nelson's Waferleaf Gelatine,
1 oz. butter.	or $\frac{1}{4}$ oz. Nelson's "Speedway" Powder Gelatine.
1 tablespoonful grated chocolate.	

Take 2 tablespoonsful of milk from the pint and use it to mix the cornflour into a cream; boil the rest of the milk; mix the sugar and chocolate powder together

and add to the cornflour, stir some of the hot milk into the mixture, pour it to the rest in the saucepan, add the lump of butter, and stir till it has boiled 4 minutes. Pour into a wet mould, add gelatine, and turn out when cold.

65. COFFEE MOULD.

- | | |
|------------------------|---------------------------------------|
| 1 pint milk. | 2½ dessertspoonsful coffee essence. |
| 2 ozs. cornflour. | 4 leaves Nelson's Waferleaf Gelatine, |
| 1 oz. butter. | or ¼ oz. Nelson's "Speedway" Powder |
| 1 tablespoonful sugar. | Gelatine. |

Proceed in the same way as Chocolate Mould (Recipe No. 64) using coffee essence in place of the grated chocolate.

66. LEMON BLANCMANGE.

- | | |
|-------------------|---------------------------------------|
| 3 ozs. cornflour. | 2 eggs. |
| 1½ pints milk. | 1 lemon. |
| 1 oz. margarine. | 4 leaves Nelson's Waferleaf Gelatine, |
| 4 ozs. sugar. | or ¼ oz. Nelson's "Speedway" Powder |
| | Gelatine. |

Mix the cornflour slowly with a little milk, and then add the balance of 1½ pints and bring to the boil. Add the margarine, sugar, and yolks of eggs, and stirring all the time, boil another 10 minutes. Cool slightly and stir in the strained juice of the lemon, and grated rind. Beat up the whites of eggs stiffly, stir in lightly, together with gelatine.

67. LEMON SPONGE.

- | | |
|-------------------------------|-------------------------------------|
| Rind of 1 lemon. | 4 leaves Nelson's Waferleaf |
| ½ pint of water. | Gelatine. |
| White of 1 egg. | or ¼ oz. Nelson's "Speedway" Powder |
| 1 tablespoonful castor sugar. | Gelatine. |

Dissolve the gelatine in ½ pint of water in a saucepan over the fire; add the sugar and juice and grated rind of 1 lemon. Beat the white of egg with a pinch of salt until stiff; strain the lemon and gelatine into a basin and allow to cool. Fold in lightly the stiffly beaten white of egg and beat all together to a stiff froth. Pour into a large moistened mould and when set turn out and pile with whipped cream.

68. RICE BLANCMANGE.

- | | |
|--------------------|---------------------------------------|
| 4 ozs. rice. | Current jelly or red preserved fruit. |
| Milk. | Cream or plain custard. |
| Sugar. | 4 leaves Nelson's Waferleaf Gelatine. |
| Lemon peel. | or ¼ oz. Nelson's "Speedway" Powder |
| Stick of cinnamon. | Gelatine. |

Swell the rice in water; drain and boil to a mash in milk, sweetened, with a piece of lemon peel and a stick of cinnamon. When quite soft pour into cups, or a shape, dipped in water, after dissolving gelatine in warm liquid. Turn out when cold, and garnish with jelly or red preserved fruits. Serve with cream or custard.

69. VANILLA MOULD.

- | | |
|------------------------|-------------------------------------|
| 1 pint milk. | Vanilla essence. |
| 2 ozs. cornflour. | 4 leaves Nelson's Waferleaf |
| 1 oz. butter. | Gelatine. |
| 1 tablespoonful sugar. | or ¼ oz. Nelson's "Speedway" Powder |
| Cochineal. | Gelatine. |

Proceed in the same way as for Chocolate Mould, using vanilla essence to taste and colouring with cochineal.

70. FRUIT JELLY.

- | |
|--|
| 1 pint packet of jelly (orange preferred). |
| 1 pint of hot water. |
| Fruit (bananas, pineapples, cherries, grapes, or any others which may be preferred). |
| 4 leaves Waferleaf Gelatine, or ¼ oz. Nelson's "Speedway" Powder Gelatine. |

Cut the jelly into small pieces and dissolve in the hot water. Have ready a mould in which cold water has been standing and when the jelly is cold (but not set)

pour a little into the moist mould. Move the mould round continually till the jelly has formed a thin coating all round the sides. Place some of the fruit (prepared previously) on the jelly at the bottom of the mould, and pour a small quantity of jelly over the fruit; when it has set, add more fruit and cover with jelly. Repeat until the mould is full. When quite set, dip the mould in hot water for a few minutes, and remove the jelly on to a dish.

71. MILK FRUIT JELLY.

- | | |
|---------------------------------------|---|
| 1 pint milk. | or $\frac{1}{4}$ oz. Nelson's "Speedway" Powder |
| 1 packet of sweet jelly. | Gelatine. |
| 4 leaves Nelson's Waferleaf Gelatine. | |

Cut up the jelly, pour warm milk over it, add gelatine and stir until dissolved, pour into mould. The milk must be only warm. The jelly may be dissolved over night in a little warm water.

72. RHUBARB AND APPLE JELLY.

- | | |
|---------------------------|---|
| 1 lb. rhubarb. | 4 leaves Nelson's Waferleaf Gelatine, |
| 3 ozs. sugar. | or $\frac{1}{4}$ oz. Nelson's "Speedway" Powder |
| $\frac{1}{2}$ lb. apples. | Gelatine. |
| | 2 pieces of peel. |

Peel and cut up the apples. Trim and cut the rhubarb into small pieces. Add together the apples, rhubarb, sugar with sufficient water to cover, and stew until tender. Pass through a sieve. Dissolve the gelatine in two tablespoonsful hot water, add to the rhubarb and apples. Mix well. Wet a mould and pour the ingredients in. When cold, turn out.

73. RICE JELLY.

- | | |
|---------------------|---|
| 1 lemon. | 4 leaves Nelson's Waferleaf Gelatine, |
| 8 ozs. white sugar. | or $\frac{1}{4}$ oz. Nelson's "Speedway" Powder |
| 6 ozs. ground rice. | Gelatine. |

Peel the lemon thinly, cut in two and squeeze the juice into a basin. Put the peel, juice and sugar into a saucepan with $1\frac{1}{2}$ pints water and boil 20 minutes. Take out the peel, measure the sugar and water, and if necessary, make up to the $1\frac{1}{2}$ pints. Mix the rice with a very little cold water, and stir in the sugar and water. Return to the pan and boil for 15 to 20 minutes, stirring all the time. When off the boil, add gelatine. Pour into a wetted mould and turn out when cold.

CREAMS AND TRIFLES.

General Hints.

When using Nelson's Waferleaf Gelatine always be careful to dissolve in hot water only and not to let the water reach boiling point, as the best results are likely to be effected and jelling strength retained if this direction is carefully followed.

74. CHERRY AND BANANA CREAM.

- | | |
|--|--------------------------|
| 2 bananas. | $\frac{1}{2}$ pint milk. |
| 2 ozs. glace cherries. | Lemon juice. |
| 4 leaves Nelson's Waferleaf | 1 cupful cream. |
| Gelatine. | Vanilla essence. |
| or $\frac{1}{4}$ oz. Nelson's "Speedway" | Shredded almonds. |
| Powder Gelatine. | |

Peel the bananas and cut into thin slices, quarter the cherries and put both into a glass dish and sprinkle with lemon juice. Melt the gelatine in $\frac{1}{2}$ pint milk, stirring it over the fire; when it has melted, stir in the whipped cream and a few drops of vanilla essence. When it begins to set pour it over the fruit in the dish. Sprinkle shredded almonds over and leave to set.

75. CREME AU CHOCOLAT.

- | | |
|-------------------|---|
| 4 eggs. | 4 leaves Nelson's Waferleaf |
| 3 ozs. sugar. | Gelatine. |
| 3 ozs. chocolate. | or $\frac{1}{4}$ oz. Nelson's "Speedway" Powder |
| Whipped cream. | Gelatine. |

Beat the yolks of the eggs and add the sugar, powdered. Melt the chocolate in just enough warm water to make a very thick paste. Stir in the gelatine. Mix whole thoroughly and pour into a mould to set. When quite firm, turn it out and heap whipped cream around it.

76. LEMON CREAM.

1 pint water.	Juice of 3 lemons.
4 leaves Nelson's Waferleaf	Whites of 2 eggs.
Gelatine.	Whipped cream.
or $\frac{1}{3}$ oz. Nelson's "Speedway" Powder	Rind of 2 lemons.
Gelatine.	6 ozs. castor sugar.

Stir the sugar into the water and add the gelatine, lemon juice and rind and bring to the boil, simmer for about $\frac{1}{2}$ hour; take out the lemon peel and strain the rest through a cloth into a bowl. Leave it to cool, beat the whites of 2 eggs to a froth and stir it into the lemon mixture and beat till it thickens. Pile on a glass dish and decorate with whipped cream.

77. PINEAPPLE CREAM.

$\frac{1}{2}$ lb. pineapple chunks.	or $\frac{1}{4}$ oz. Nelson's "Speedway" Powder
2 ozs. loaf sugar.	Gelatine.
4 leaves Nelson's Waferleaf	1 pint cream.
Gelatine.	

Cut the pineapple into dice. Put the syrup in a saucepan with the sugar and $\frac{1}{2}$ pint water, and when the sugar has dissolved, add the fruit and boil quickly for 10 or 12 minutes. Add the gelatine, and boil 10 minutes longer. Pour the mass into a basin, whisk in the cream and beat till it thickens. Pour into a wetted mould, and stir again to prevent the fruit all sticking to the bottom.

78. SEMOLINA CREAM.

1 egg.	4 leaves Nelson's Waferleaf
$1\frac{1}{4}$ pints of milk.	Gelatine.
2 teaspoonsful sugar.	or $\frac{1}{4}$ oz. Nelson's "Speedway" Powder
1 oz. semolina.	Gelatine.

Soak the gelatine in $\frac{1}{4}$ pint milk and soak the semolina in another $\frac{1}{4}$ pint milk, for 1 hour. Remove the semolina to a saucepan; add $\frac{1}{2}$ pint milk and the sugar; and let it just simmer for $\frac{1}{2}$ hour, then remove from the fire. Beat up the egg; pour in and stir well. Boil the remaining $\frac{1}{4}$ pint milk; pour on to the gelatine; stir well until all is dissolved, then add the other ingredients. Stir for some minutes, then pour into small moulds or cups.

79. MOUSSE AUX FRAMBOISES.

$\frac{1}{4}$ lb. sugar.	or $\frac{1}{4}$ oz. Nelson's "Speedway" Powder
1 lb. raspberries.	Gelatine.
4 leaves Nelson's Waferleaf	3 whites of eggs.
Gelatine.	1 gill of cream.
	Glacé cherries.

Boil the sugar in $\frac{1}{2}$ pint water until it becomes syrupy, then mix in the raspberries and allow them to cook slowly until the juice is extracted. Pass this through a sieve and leave to cool. Measure, and to each pint of puree allow $1\frac{1}{2}$ ozs. gelatine. Dissolve this in a very little warm water, strain and add to the raspberry puree. Beat the egg whites very stiffly and fold them into the puree; add the cream and heat all together until quite thick. Stir frequently until it begins to set, then pile in the centre of a glass dish. Garnish with glacé cherries and little heaps of whipped cream.

80. APPLE TRIFLE.

Stale sponge cake.	4 leaves Nelson's Waferleaf
1 lb. apples.	Gelatine.
2 eggs.	or $\frac{1}{4}$ oz. Nelson's "Speedway" Powder
Whipped cream.	Gelatine.

Line a glass dish with slices of sponge cake. Cook the apples and rub through a sieve; return to the saucepan with the yolks of 2 eggs, gelatine, and stir till thick. Pour this over the cake; leave for a time to soak through, and just before serving, add a meringue of the whites of eggs stiffly whipped and piled on top with a little whipped cream.

81. BANANA TRIFLE.

- | | |
|-----------------------|---|
| 8 small sponge cakes. | 2 ozs. sweet almonds. |
| 4 bananas | Custard. |
| 1 cupful warm milk. | 4 leaves Nelson's Waferleaf Gelatine, |
| Whipped cream. | or $\frac{1}{4}$ oz. Nelson's "Speedway" Powder |
| Raspberry jam. | Gelatine. |

Cut the sponge cakes in half and spread with jam; arrange neatly in a large dish, pour over them the warm milk and allow to soak. Prepare about 1 pint of boiled custard and stir in gelatine. Peel the bananas and beat 3 of them to a pulp; pile neatly on the sponge cakes. Pour the custard gently over. Slice the remaining bananas very thinly and drop lightly over the surface of the custard. Decorate with little mountains of whipped cream and blanched sweet almonds.

82. CHANTILLY TRIFLE.

- | | |
|----------------|---|
| Rice cake. | 4 leaves Nelson's Waferleaf |
| Thick custard. | Gelatine. |
| Raspberry jam. | or $\frac{1}{4}$ oz. Nelson's "Speedway" Powder |
| Whipped cream. | Gelatine. |

Bake a rice cake in a mould. When cold, cut it round about 2 inches from the edge with a sharp knife, taking care not to perforate the bottom. Put in the custard, in which gelatine has been dissolved, and some raspberry jam, and ornament with whipped cream.

83. CHOCOLATE TRIFLE.

- | | |
|----------------------------|---|
| Stale chocolate roll. | 1 tablespoonful grated chocolate. |
| 1 pint milk. | Glace cherries. |
| Raspberry jam. | Almonds and dessicated cocoanut. |
| Custard powder. | 4 leaves Nelson's Waferleaf |
| 1 tablespoonful sugar. | Gelatine. |
| 1 teacupful whipped cream. | or $\frac{1}{4}$ oz. Nelson's "Speedway" Powder |
| Vanilla essence. | Gelatine. |

Cut the roll into slices about $\frac{3}{4}$ inch thick and lay in a large dish or bowl. Put the milk in a small enamel saucepan and warm slowly; pour 1 gill of the warm milk over the slices of roll and allow to soak in. Make a thin custard with the remainder of the milk in the saucepan, using a well-known brand of custard powder, 1 or 2 drops of vanilla essence, the grated chocolate and the gelatine. Put a teaspoonful of raspberry jam on each slice of chocolate roll, pour the custard over when cool. Decorate with little heaps of whipped cream, glace cherries and sliced almonds or dessicated cocoanut.

84. GOOSEBERRY AND APPLE TRIFLE.

- | | |
|---------------------------|---|
| Gooseberries. | Yolk of 1 egg. |
| Apples. | Whipped cream. |
| Rind of half lemon. | 4 leaves Nelson's Waferleaf |
| Sugar. | Gelatine. |
| $\frac{1}{2}$ pint milk. | or $\frac{1}{4}$ oz. Nelson's "Speedway" Powder |
| $\frac{1}{2}$ pint cream. | Gelatine. |

Scald equal quantities of the fruits, sufficient to make, when pulped through a sieve, a thick layer at the bottom of your dish. Mix the lemon rind, grated very finely, and add as much sugar as is necessary. Mix the milk, cream and yolk of egg, and scald over the fire, after adding the gelatine, stirring all the time; do not allow it to boil. Add a little sugar only and let it grow cold. Lay the mixture over the fruit with a spoon, and put on the whipped cream, made the day before, as for other trifles.

85. GOOSEBERRY CHARLOTTE.

- | | |
|-----------------------------|---|
| 2 lbs. gooseberries. | or $\frac{1}{4}$ oz. Nelson's "Speedway" Powder |
| $\frac{1}{2}$ lb. sugar. | Gelatine. |
| 4 leaves Nelson's Waferleaf | 1 teacup hot water. |
| Gelatine. | Small sponge cakes. |
| | Whipped cream. |

Cook the fruit and sugar to a pulp, pass through a sieve, and add the gelatine dissolved in the hot water. Line a mould with slices of the sponge cakes, and pour the puree in the centre. Cool, turn on to a glass dish and serve with whipped cream.

ICE CREAMS.

General Hints.

When using Nelson's Waferleaf Gelatine always be careful to dissolve in hot water only, and not to let the water reach boiling point, as the best results are likely to be effected and jellying strength retained if this direction is carefully followed.

86. CONDENSED MILK CUSTARD FOUNDATION.

- | | |
|---|---|
| 1 pint water. | Flavouring. |
| $\frac{3}{4}$ tin of sweetened condensed milk | 2 leaves Nelson's Waferleaf Gelatine, |
| 3 dessertspoonsful cornflour. | or $\frac{1}{8}$ oz. Nelson's "Speedway" Powder |
| 2 eggs. | Gelatine. |

Heat the water, and stir in the condensed milk until it dissolves. Mix the cornflour with a little cold water and stir into the hot water and milk. Stir all over the fire until it thickens. Stand it aside to cool and add the well-beaten eggs. Stir again over the fire for 2 or 3 minutes, allow to cool, flavour as desired, and freeze.

87. ECONOMICAL FOUNDATION.

- | | |
|--|---|
| 1 oz. cornflour. | 2 leaves Nelson's Waferleaf Gelatine, |
| Flavouring. | or $\frac{1}{8}$ oz. Nelson's "Speedway" Powder |
| 2 tablespoonsful sweetened condensed milk. | Gelatine. |

Mix the cornflour to a smooth paste with a little water; stir into it two teacupful of boiling water until it thickens. Allow to cool, add the condensed milk and any flavouring, such as almond, strawberry, or vanilla essence; stir well and freeze.

88. FRESH MILK CUSTARD FOUNDATION.

- | | |
|-----------------------|---|
| 2 eggs. | 2 leaves Nelson's Waferleaf Gelatine, |
| 1 pint of fresh milk. | or $\frac{1}{8}$ oz. Nelson's "Speedway" Powder |
| 1 oz. castor sugar. | Gelatine. |

Warm the milk, but do not allow to boil; beat the eggs well and stir the hot milk slowly with them; add the sugar. Pour the mixture into a double saucepan and stir it over the fire until it thickens, but do not allow it to boil or it will curdle. If this custard is a little lumpy when it is thickened, it must be strained before being frozen. The addition of a tablespoonful of cream to this custard before it is frozen is an improvement.

89. ALMOND ICE CREAM.

- | | |
|-------------------------------|---|
| 1 pint custard. | 2 leaves Nelson's Waferleaf Gelatine, |
| 1 oz. blanched sweet almonds. | or $\frac{1}{8}$ oz. Nelson's "Speedway" Powder |
| Almond essence. | Gelatine. |

Prepare the custard and set to cool. Add a few drops of almond essence, and freeze. Decorate with sliced almonds before serving.

90. BANANA ICE CREAM.

- | | |
|-----------------------------|---|
| 3 bananas. | 2 leaves Nelson's Waferleaf Gelatine, |
| $\frac{1}{2}$ pint custard. | or $\frac{1}{8}$ oz. Nelson's "Speedway" Powder |
| $\frac{1}{4}$ pint cream. | Gelatine. |

Peel the fruit and mash to a cream. Add to the prepared custard; whip the cream and add to the mixture. Freeze

91. CHOCOLATE ICE CREAM.

- | | |
|------------------------------------|---|
| 1 pint of custard. | 2 leaves Nelson's Waferleaf |
| 4 ozs. chocolate. | Gelatine. |
| $\frac{1}{2}$ teacupful of milk. | or $\frac{1}{8}$ oz. Nelson's "Speedway" Powder |
| $\frac{1}{4}$ lb. of castor sugar. | Gelatine. |

Prepare the custard and allow it to cool. Grate the chocolate and stir it into the milk; add the sugar. Mix well together, then add the custard. Freeze.

92. COFFEE ICE CREAM.

- | | |
|--------------------------|---|
| 1 pint custard. | 2 leaves Nelson's Waferleaf |
| Coffee essence. | Gelatine. |
| $\frac{1}{4}$ lb. sugar. | or $\frac{1}{8}$ oz. Nelson's "Speedway" Powder |
| Hot water. | Gelatine. |

Dissolve the sugar in a teacupful of hot water, and add 4 teaspoonsful coffee essence. Add to the cold custard, and stir well; freeze.

93. FRUIT ICE CREAM.

- | | |
|-----------------------------|---|
| 1 pint of custard. | 2 leaves Nelson's Waferleaf Gelatine, |
| 1 gill of fresh cream. | or $\frac{1}{8}$ oz. Nelson's "Speedway" Powder |
| 4 ozs. crystallised fruits. | Gelatine. |

Mix the cream with the custard (cool), and add the fruit, cut up very small. Freeze, and when firm serve on a large dish with whipped cream.

94. ICED CUP CUSTARDS.

- | | |
|------------------|---|
| 3 eggs. | A pinch of salt. |
| 1 quart of milk. | 2 leaves of Nelson's Waferleaf Gelatine, |
| 1 cupful sugar. | or $\frac{1}{8}$ oz. Nelson's "Speedway" Powder |
| | Gelatine. |

Beat the eggs till feathery and add the milk, sugar and salt. Pour the mixture into cups, stand in a bowl of hot water in a cool oven, and bake till quite firm. Remove from the oven, dry the outside of the cups and stand on ice.

95. ICED PUDDING.

- | | |
|---------------------------------|---|
| 1½ pints vanilla custard. | 2 leaves Nelson's Waferleaf Gelatine. |
| Crystallised fruits. | or $\frac{1}{8}$ oz. Nelson's "Speedway" Powder |
| $\frac{1}{2}$ pint fresh cream. | Gelatine. |

Partially freeze the custard. Shred the fruit and mix with the cream; add this mixture to the custard and continue freezing. When firm, put into a plain mould and replace beneath the ice. When serving, decorate with whipped cream and assorted fruits.

96. LEMON ICE CREAM.

- | | |
|--------------------|---|
| 1 pint custard. | 2 leaves Nelson's Waferleaf Gelatine, |
| 2 lemons. | or $\frac{1}{8}$ oz. Nelson's "Speedway" Powder |
| 4 ozs. loaf sugar. | Gelatine. |
| Hot water. | |

Rub the rind from the lemons with the sugar, and dissolve in hot water. Add the juice of the lemons and stir all well into the cold custard. Freeze.

97. NEAPOLITAN ICE.

- | | |
|--------------------------------|---|
| Yolks of 2 eggs. | $\frac{1}{2}$ oz. melted chocolate. |
| 3 ozs. castor sugar. | 1 cup fresh cream. |
| 1½ pints of milk. | 2 leaves Nelson's Waferleaf Gelatine, |
| Strawberry or raspberry syrup. | or $\frac{1}{8}$ oz. Nelson's "Speedway" Powder |
| Vanilla essence. | Gelatine. |

Beat the eggs with the sugar, boil the milk and pour on to the eggs and sugar. Replace over the fire and stir till it thickens. Divide the custard into three parts. With the first, mix the fruit syrup, using cochineal if colouring is necessary; add the vanilla essence to the second part; add the melted chocolate to the third part. Whip the cream and add equally to the three different flavoured portions of custard. Freeze each portion separately, and place in layers in a mould. Cover and bury the mould in salt and ice till quite set.

98. PECHE MELBA.

- | | |
|-----------------------------------|---|
| Vanilla Ice Cream :— | Fresh tinned or bottled raspberries. |
| 1 gill of cream. | Castor sugar. |
| 1 pint of milk. | Ice. |
| 1 tablespoonful castor sugar. | 2 leaves Nelson's Waferleaf Gelatine. |
| Vanilla essence. | or $\frac{1}{8}$ oz. Nelson's "Speedway" Powder |
| Fresh, tinned or bottled peaches. | Gelatine. |

Plunge the peaches in boiling water; remove them and plunge them in ice cold water. Take them out immediately, peel them, cut in two and remove the stones; cover with sugar and stand on ice until required. To prepare the ice cream, mix the milk, sugar and vanilla essence; beat the cream and add it to the rest and place in a freezer until set. Press the raspberries through a sieve and mix with castor sugar. Arrange the halved peaches on a silver dish, pour on the raspberry puree and heap the frozen cream over the fruit. Garnish with whole peaches.

99. PEAR ICE CREAM.

- | | |
|-----------------------|---|
| 1 pint custard. | 2 leaves Nelson's Waferleaf |
| 1 small tin of pears. | Gelatine, |
| 2 ozs. castor sugar. | or $\frac{1}{8}$ oz. Nelson's "Speedway" Powder |
| 1 gill of cream. | Gelatine. |

Mix the pear juice with the sugar, and add to the cold custard, with the cream. Cut the fruit very small, add to the custard mixture and freeze.

100. PINEAPPLE ICE CREAM.

- | | |
|-------------------------------|---|
| 1 pint custard. | 2 leaves Nelson's Waferleaf Gelatine. |
| 1 small tin pineapple chunks. | or $\frac{1}{8}$ oz. Nelson's "Speedway" Powder |
| | Gelatine. |

Mix a teacupful of fruit juice with the cold custard. Cut the chunks into small pieces and add to the custard. Freeze.

101. RASPBERRY ICE CREAM.

- | | |
|---------------------------|---|
| 2 lbs. fresh raspberries. | 2 leaves Nelson's Waferleaf Gelatine, |
| $\frac{1}{2}$ lb. sugar. | or $\frac{1}{8}$ oz. Nelson's "Speedway" Powder |
| Cream. | Gelatine. |
| Milk. | |

Cover the fruit with sugar and leave all night. Place the fruit just as it is in a slow oven and cook gently for about $\frac{1}{2}$ hour. When cool press through a sieve and to each pint of puree add $\frac{1}{2}$ pint milk and $\frac{1}{2}$ pint whipped cream. Whisk all together and freeze.

102. STRAWBERRY ICE CREAM (1).

- | | |
|-----------------------------------|---|
| 1 pint custard. | 2 leaves Nelson's Waferleaf Gelatine. |
| $\frac{1}{2}$ lb. strawberry jam. | or $\frac{1}{8}$ oz. Nelson's "Speedway" Powder |
| Cochineal. | Gelatine. |

Prepare the custard, and when cool stir it into the strawberry jam; add a few drops of cochineal, sufficient to make the colour attractive; then freeze.

103. STRAWBERRY ICE CREAM (2).

- | | |
|-----------------------|---|
| Fresh strawberries. | 2 leaves Nelson's Waferleaf |
| Sugar. | Gelatine. |
| Cream. | or $\frac{1}{8}$ oz. Nelson's "Speedway" Powder |
| Cochineal or carmine. | Gelatine. |

Press the strawberries through a sieve. To each pint of puree add $\frac{1}{2}$ lb. of castor sugar and $\frac{1}{2}$ pint cream. Mix well, and add a few drops of cochineal or carmine. Partly freeze the mixture, then whip stiffly another pint of cream, and add it to the freezing cream. Continue freezing till quite firm.

104. VANILLA ICE CREAM (1).

- | | |
|--------------------------|---|
| 1 egg. | 2 leaves Nelson's Waferleaf |
| $\frac{1}{2}$ pint milk. | Gelatine. |
| Sugar to taste. | or $\frac{1}{8}$ oz. Nelson's "Speedway" Powder |
| Vanilla essence. | Gelatine. |

Warm the milk, but do not allow it to boil. Beat the egg well, and stir the hot milk gently with it; add the sugar. Pour this mixture into a double saucepan and stir over the fire until it thickens; do not allow it to boil. If the custard is lumpy it must be strained before freezing. Stand it on one side to cool, then add a few drops of vanilla essence and freeze.

105. VANILLA ICE CREAM (2).

- | | |
|--------------------------------|---|
| $\frac{1}{2}$ pint of custard. | 2 leaves Nelson's Waferleaf |
| $\frac{1}{2}$ pint cream. | Gelatine, |
| Vanilla essence. | or $\frac{1}{8}$ oz. Nelson's "Speedway" Powder |
| Sugar. | Gelatine. |

Whip the cream stiffly and add it to the prepared custard after it has cooled. Stir in the vanilla essence and a little sugar, then freeze.

**WHEN REQUIRING
— GELATINE —**

FOR ANY PURPOSE WHATEVER

— ASK FOR —

NELSON'S

THE ORIGINAL MANUFACTURERS OF

“ ALL BRITISH ” EDIBLE AND QUALITY GELATINES.

**NELSON'S “ All British ” WAFERLEAF
GELATINE**

(GUARANTEED FOR QUALITY AND PURITY).

**NELSON'S “ All British ” SPEEDWAY
POWDERED GELATINE.**

(DISSOLVES INSTANTLY).

BUY BRITISH.

USE BRITISH.

IT'S BEST.

